

Are You Trained in Lifelong Navigation?

I was watching a television drama involving the military. The colonel in charge commented to one of his pilots, “The first principle in navigation is that you start from where you are.” You do not navigate by going back to where you have been. Sounds like common sense, doesn’t it?

Are you looking back at the past, perhaps lamenting or grieving over an unfortuitous situation? Are you reminiscing over and over about the hurt, the pain or the loss, to the point where it preoccupies your thinking on an ongoing basis throughout the day, the week, the months? Did your wife or husband or boyfriend or girlfriend leave you? Were they unfaithful in the relationship? Did a certain situation result in a large monetary loss? Did a close family member cheat or betray you?

It is easily said, “Move on with your life. Don’t look back.” The advice is sensible and realistic, but just how do you accomplish this? With patience! The suggestions you are about to receive are practical, workable and timely. Are you willing to go through what may be a grieving period, institute an act of forgiveness and allow time for the healing to take place? Each person’s uniqueness will determine the degree and rapidity of progress. For some, once the recognition has impacted, healing may be virtually instantaneous.

First, do not let the situation float about in your thoughts. Pin down the situation and how it engendered hurt by **writing it down!** Most folks figure, “I know what’s bugging me, so why bother putting down the ugly. I don’t even want to see it in writing. It is too painful.” Nevertheless, writing down the event, in some detail, expressing the hurt is anchoring it. It is now visible. You “concreted” the event. It can, in a manner of speaking, now be touched, felt, and isolated.

Secondly, bear in mind: you and you alone are in charge of your feelings and how you decide to metamorphose feelings of hurt to healing. Essentially, no one can make you unhappy unless you choose to see yourself unhappy or to see your self as a victim.

Hence, you are indeed the determiner of managing your adversity.

Thirdly, you need to forgive. Unforgiveness is a road block! Until accomplished, you are very unlikely to proceed to the next step. How do I bring about forgiveness? By writing down, thinking and dwelling on this phrase: **“If they could have done it any differently or better they would have!”** Even when a person has deliberately and knowingly done wrong, for whatever the reason, this is where they were in their ethical, spiritual development. We all fall short. We all err! A well-phrased comment from the Bible says, “We have all fallen short of the glory of God. No, there is not one who has not sinned.” Is there anyone reading this article who can say they have never told a lie, never have done a wrong, never have hurt another by words or deeds? Dwell on the truth that whatever the deed of hurt **you too** hurt someone, somewhere, somehow. Isn’t that so? Of course, right now you may be thinking, “What do you know? If you were in my place you could never forgive that person.” Perhaps!

But to allow the hurt to swallow your well being from day to day is to **give that person power over your life to determine how you will feel!** Think about this! Dwell upon this until it becomes a your ritual and it becomes your reality! **I WILL NEVER ALLOW MY HAPPINESS AND FUTURE TO BE DETERMINED BY THE PERSON WHO HAS INFLICTED THE WOUND!!**

Over simplistic? Vengeance or the desire to get back and “even the score” only perpetuates the hurt, the loss, or the tragedy. Since you can’t go back to the beginning where the event of the hurt began and redress it as if it never had taken place, you **simply must navigate from where you are!** There is no other recourse. Would you not agree?

Employ the principles of scientific, accurate navigation. If you have identified true North, the rest of the compass, your South, West and East, your latitude and longitude will get you to the right place. Can your philosophy of life encompass the idea that no circumstance in life has been allowed or given other than to enable you to overcome, grow and be a conqueror.